

Fresno, Quebre As Correntes

E o que fazer
Quando no esto mais nem a para voc?
Quando seu mundo no passa de uma priso?

E o que dizer
Quando a sua vida no igual da TV?
Quando as pessoas tratam mal seu corao?
(Quebre as correntes...)

Prometa no chorar e no se arrepender
(No chora... no chora!...)
O que voc precisar se encontra em voc
(No chora... no chora!...)

E como agir
Se mos amigas se transformam em punhais?
E todos acham que voc no capaz
(de desatar os n´s...)?

E o que sentir
Quando at mesmo voc chega a duvidar
Que ainda existe alguma chance de virar
(o jogo pra voc...!)?

No vou deixar desmoronar
Castelos que eu constru
Com minhas mos na areia
A vida tem de prosseguir...

(Prometa no chorar...) E no se arrepender!
(No chora... no chora!...)
O que voc precisar se encontra em voc
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</lyrics>

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==English translation==

</lyrics>

And what do you do
When they don't even care about you anymore?
When your world is nothing but a prison?

And what do you say
When your life isn't like it's shown on TV?
When people treat your heart bad?
(Break the chains)

Promise not to cry and not to regret
(Don't cry don't cry!...)
Whatever you may need you'll find inside yourself

(Don't cry don't cry!...)

And how do you act
When friendly hands suddenly become daggers?
And everyone thinks you're not good enough
(to untie the knots)?

And how do you feel
When even you have started to doubt
That there's still a chance of taking your turn
(and winning the game!)?

I won't let them collapse
The castles I have built
With my own hands in the sand
Life has got to go on

(Promise not to cry...) And not to regret!
(Don't cry don't cry!...)
Whatever you may need you'll find inside yourself
(Don't cry don't cry!...)

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(Don't cry don't cry!...)
Whatever you may need you'll find inside yourself
(Don't cry don't cry!...)

(Don't cry don't cry...)
(Don't cry don't cry...)
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(Don't cry don't cry...)